



"I learned to  
say 'know' to  
arthritis pain."



**Arthritis Foundation  
Self-Help Program<sup>SM</sup>**

*Arthritis Foundation Certified. Doctor Recommended.*

You don't have to say "yes" to arthritis pain. To better control my arthritis, my doctor recommended I take the Arthritis Foundation Self-Help Program. Developed especially for people with arthritis, this class helped me understand arthritis and gave me powerful new ways to control its impact on my life. I feel confident knowing my class is taught by Arthritis Foundation certified leaders. I'm more in control of my arthritis now that my pain has been reduced.



*A self-management program developed at Stanford University*

**LIFE IMPROVEMENT SERIES**

## Autumn 2007 Schedule

Location	Dates	Times
<b>Cedar City Senior Center</b> 489 East 200 South Cedar City	<b>September 13 - October 18</b>	<b>Thursdays 6:00-8:00 PM</b>
<b>Taylorsville Senior Center</b> 4743 South Plymouth View Dr. Taylorsville	<b>September 20 - October 25</b>	<b>Thursdays 1:00 – 3:00 PM</b>
<b>The Orthopedic Specialty Hospital (TOSH)</b> 5848 South Fashion Blvd. (300 E) Murray	<b>October 2 – November 6</b>	<b>Tuesdays 5:00 – 7:00 PM</b>
<b>Murray-Heritage Senior Center</b> 10 East 6150 South Murray	<b>October 8 - November 19 (no class Nov. 12)</b>	<b>Mondays 1:00 – 3:00 PM</b>
<b>Kearns Senior Center</b> 4850 West 4715 South Kearns	<b>November 5 - December 10</b>	<b>Mondays 9:45 – 11:45 AM</b>

*Join others with arthritis, fibromyalgia or a related condition at one of the 6-session workshops. Pre-registration required. Please call for more information. Some scholarships available based on need. Online registration at [www.arthritis.org](http://www.arthritis.org), keyword "utah".*

Seats are limited. Call now to Take Control!  
Arthritis Foundation  
Utah/Idaho Chapter

**801-536-0990 or toll free 1-800-444-4993**  
**[www.arthritis.org](http://www.arthritis.org)**